



Racing and Writing in the Zone: The Link Between Writing and Motor Racing (and Formula 1): This Pursuit of Excellence Is Most Worthy.

By Craig G Lock

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.There are only three sports: bullfighting, mountain climbing and motor racing; all the rest are merely games. - Ernest Hemingway from Don't bend; don't water it down; don't try to make it logical; don't edit your own soul according to the fashion. Rather, follow your most intense obsessions mercilessly. Franz Kafka The Zone is where you find your best performance and everything flows. I believe you have to push the limit of an activity to get this kind of experience. from When you're writing there are times when you feel it's a bit of a struggle. However, at other times you're in what is called the zone and writing just feels effortless. This happens when finding the right words is no longer a struggle; but this heightened state, as with most crafts usually comes with practise. Then words simply flow into your head faster than you can write them down (or can press the keyboard). But you have to really push your writing limits to get this kind of experience. Then...



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